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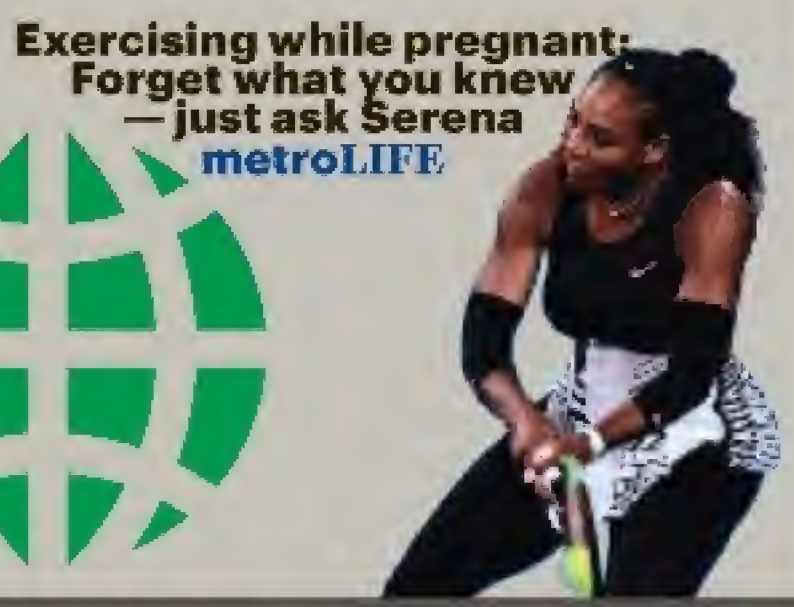


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## FORT MCMURRAY: ONE YEAR LATER

# FORT MAC STRONG

This week, Metro looks back at Canada's costliest disaster — and the people who are rebuilding  
**metroNEWS**



**plus DAY 1**  
• The city's long road to recovery: 'For some, it hasn't even started yet'  
• What key lessons we've learned from the evacuation

Gail and Rodney Hanifan with their kids, Gail and Rodney Jr., in front of their burned neighbourhood in Fort McMurray.  
JENNIFER FRIESEN/FOR METRO



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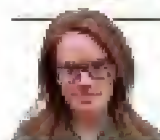
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# Still 'a long way to go'

### RECOVERY

## A year later it's still half-built houses and empty lots



**Alex Boyd**  
Metro | Edmonton

The day Gerald Wong came back to Fort McMurray, it was so quiet he could stand in the middle of the city's main drag, without so much as a truck passing by.

The owner of a downtown electronics store, he'd been allowed back before official re-entry in order to get his shop up and running.

But even since his hometown reopened its doors to all, it's still not the way it was before the fire.

"A lot of people haven't come back, and some people won't ever come back," he said.

A swath of charred forest is visible from his store windows, showing just how close downtown came to destruction. But whereas the central part of the city has begun returning to business as normal, the hardest hit areas are still struggling.

Rachel Ondang counts Fort Mac's recovery in wait times.

There's less traffic, errands take less time and you don't have to make reservations at restaurants.

"There aren't big lineups. Even the car wash is slow," said Ondang, who until recently worked distributing donations

to fire evacuees.

Part of the problem, she said, is the double hit of the economic downturn coming as rebuild costs mount.

"The city has a much lower amount of work than it has in a very, very long time, and there are a lot of people on EI or don't have a lot of income coming in and are really struggling," she said.

According to a Conference Board of Canada report from November, the fire is expected to cost insurers and governments more than \$5 billion. However, the rebuild effort could add as many 9,000 jobs next year.

About 2,000 structures were damaged or destroyed during the fire, but construction hasn't begun on rebuilding many of those.

In Waterways, a riverside community almost entirely wiped out, the city is now concerned about the stability of the ground in some areas now that the trees have burned away.

The neighbourhood of Abasand, up a gentle slope west of downtown, saw half of its houses wiped out.

A year later it's still mostly half-built houses and empty lots as residents report struggles with insurers. Some have given up, putting the land up for sale instead.

National attention on Fort McMurray may have faded, but for many, Wong said, the fallout from fire is still being felt.

"There's a long way to go," he said. "For some, it hasn't even started yet."



Gerald Wong is the owner of an electronics store in downtown Fort McMurray. He says the city still has a lot to do to return to the way things were before the fire. ALEX BOYD/METRO

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### BY THE NUMBERS

# 8%

The number of private dwellings destroyed in Fort McMurray, according to Statistics Canada.

# 2,000

Approximate number of structures damaged or destroyed.

# 5,890

The amount of square kilometres burned by the fire, about the size of P.E.I.

# \$3.7B

The amount of insured losses, which is double the Calgary floods. It's the most expensive disaster in Canadian history.

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# Out of the ashes

The Hanifan family lost everything when wildfires devastated Fort McMurray. Despite that, they are committed to rebuilding their lives and their community.



Rodney and Gail Hanifan lost everything in the wildfires of Fort McMurray, Alta. But they count themselves among the lucky ones. ALEX BOYD/METRO



Alex Boyd  
Metro | Edmonton

Sitting in the parking lot of an Edmonton Wal-Mart, her family's home in flames 400 km away down a jammed highway, it all caught up with Gail Hanifan.

Her sister went in to grab supplies, but Gail was frozen. "I just said, 'What am I going to get?'" she recalled, before pausing, her voice quiet. "I knew in my heart that we had nothing."

So began the Hanifan's journey to rebuilding their life in Fort McMurray.

It's been almost a year since a runaway wildfire changed course and smashed into the northern Alberta city, forcing the rushed evacuation of al-

most 90,000 people and causing more damage than any other disaster in Canadian history.

While stories abound of people choosing not to go back, the Hanifan family remains committed to the town they say is unlike anywhere else.

Originally from New Brunswick, Gail and her husband Rodney first moved west for the jobs almost twenty years ago.

They went back east once, but returned for good because of what they say is an unusually hardworking, family-oriented community.

"I have so much love for this place, it changed my life like no other," Gail said, recounting the events of last May from their new rental home in the city they were once forced to flee.

Their two kids, aged 15 and 12, were born in Fort McMurray, and she credits the boomtown



There's not many days that you don't think about what happened, but it doesn't rule your life. Rodney Hanifan

with making them a family.

Waiting out the evacuation first in an Edmonton hotel, then in a borrowed camper, Rodney says they never talked about whether or not they'd come back. It was just a fact.

They stress they are among the lucky ones. Their kids were safe, and they were able to grab their two small dogs before running out the door.

But they lost almost everything in their house.

Gail's hunch that it was all gone was confirmed when a pilot friend snapped pictures of where their house once stood in the Waterways neighbourhood.

The only things visible were iron skeletons of their cars

sticking out of a pile of ash.

After a month the family could head back north, but undamaged rental properties were few and far between.

They were always renters in Fort Mac, and in hindsight consider themselves lucky they aren't fighting with insurance companies like so many of their neighbours.

Though they're looking now to buy a house, they found a rental in the meantime and got to work replacing what they could, from the plates and dishes in the kitchen to the leafy houseplant in the living room.

But the irreplaceable things — their wedding video, the

letter Gail wrote for her baby daughter, who is now almost 16, or the video diary she made for her son — are gone.

"Those things I grieved the most for," she said.

Luck has given them a hand, though.

When they were first married Rodney bought a painting for Gail, of a view of the beach, looking out a window. It was one of the things that made her sad, so one day she did a quick Kijiji search — and an identical print popped up.

She tracked down the seller, and now it hangs in their kitchen.

"There's not many days that you don't think about what happened, but it doesn't rule your life, it doesn't shape who you are," Rodney said.

He tires of the negative stereotypes of Fort McMurray,

that it's just a soulless industry town, and says they're dedicated to rebuilding the town they know, the one that made them a family. One of the first steps: marking almost one year since the fires broke out by hosting 20 friends for an Easter feast.

"We've had bigger events here than the fire."

## ABOUT THIS SERIES

Every day for the next week Metro will be going back to Fort McMurray, one year after the massive wildfire ripped through the northern Alberta town.

**TOMORROW:** What firefighters learned from the Beast — and where the fire is still burning.

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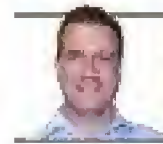
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# Lessons learned amid furious flames

## EMERGENCY RESPONSE

### Officials already implementing key takeaways from evacuation



**Darren Krause**  
Metro | Calgary

Improved inter-agency communication, more escape routes and the power of social media were three major emergency response takeaways from the devastating Fort McMurray wildfires.

When fire jumped the Athabasca River around noon on May 3, 2016, within two hours three communities — Beacon Hill, Abasand and Grayling Terrace — were ordered to evacuate.

Two hours later, a mandatory evacuation was given for all residents of Fort McMurray.

Rapidly changing fire conditions limited evacuation routes, and short notice created a nightmare scenario for emergency management officials.

"It was just the worst case scenario we could probably have," said Jordan Redshaw, communications manager with the Fort McMurray

Recovery Task Force.

Redshaw said they're already putting in place measures to improve future response. Training exercises have already been conducted, closing gaps in future communication between different responding units.

Tim Haney, director of the Centre for Community Disaster Research at Mount Royal University in Calgary, said communication issues, especially in fire situations, isn't uncommon.

The nature of communication between emergency units and then having that information relayed to the general public makes calling an evacuation tricky, Haney said.

"It's a damned if you do, damned if you don't scenario. If you call it too late, you're putting people's lives and property in danger," Haney said.

The fire also underscored the need for a second route out of Fort McMurray, something both Redshaw and Haney reiterated.

"Fort McMurray's basically a one-road-in, one-road-out city. That's just a nightmare for calling an evacuation," said Haney.

Redshaw said a second major entry point is being planned as one of the primary mitigation efforts coming out of last year's

fire. The Regional Municipality of Wood Buffalo has put forth \$5 million for pre-design of the East Clearwater Highway.

While social media was an obvious source of gathering and delivering information to its tech-savvy residents, Redshaw said they also learned how valuable it could be in deploying emergency resources. They were sourcing out people who still needed assistance and those who needed to be checked on.

Aside from using social media for logistics and information, Redshaw said they used it for emotional outreach to residents.

Haney noted University of Alberta research done after the Fort McMurray wildfire showed that people who followed the situation via social media were twice as likely to engage in a "helping behaviour" such as making a donation or volunteering.

Redshaw said there's still more to learn from this disaster and how they can respond.

"The knowledge gained and the lessons learned... just to be able to work through that environment is exceptional in terms of the value," Redshaw said.

"I think there's a really big commitment here to get everyone back in their homes."



A wildfire rips through the forest 16 kilometres south of Fort McMurray, Alta., on highway 63 on May 7, 2016. THE CANADIAN PRESS

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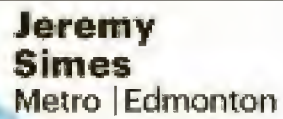
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Edmonton



## INVESTIGATION

## Neighbours offer tips, help police identify suspects



"Someone out there is missing this little boy and we need assistance, not only to identify him, but to find his family and the people around him that will help us put together the events that led

One woman, after laying

**Michael MacIsaac**

ONAR MOSLEH/METRO

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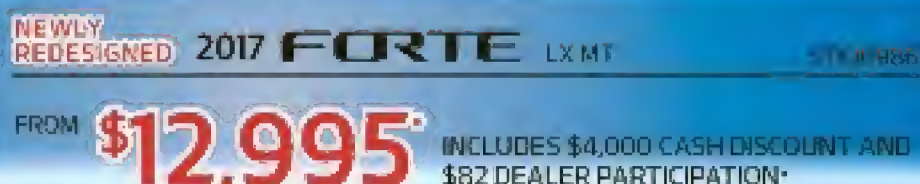
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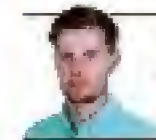


The proposed 80-storey tower in the Quarters, east of downtown. CONTRIBUTED

# Council to vote on key projects

## CITY HALL

### Future of 80-storey tower, drainage funding will be decided this week



**Jeremy Simes**  
Metro | Edmonton

City council is debating three infrastructure projects this week that could shape Edmonton for years to come. Here are three decisions that may affect you:

#### Decision time on 80-storey tower

City council might say yes or no Monday to Edmonton's proposed 80-storey tower along the top bank of the river valley in downtown.

The controversial tower has residents butting heads with city staff. Concerned groups say the tower is just too big and could set a precedent for future river valley development, while the city thinks it could kick-start more construction projects in the Quarters. Councillors recently

approved the land sale for the tower, but it's final fate hinges on zoning, which will be debated Monday.

#### Approval on new sidewalks for neighbourhoods in need

City council is set to approve neighbourhood revitalization dollars Tuesday for communities that need makeovers for their sidewalks and roads. The neighbourhoods up for funds this year include Montrose, Hillview, Belmead, McKernan, Belgravia, Kilkenny, and Strathearn.

The funds are part of Edmonton's neighbourhood renewal program, which uses taxpayer-funded money to enhance communities in need of new concrete.

#### \$17.7M for drainage projects

City staff will ask councillors to look at its "net drainage budget" by \$17.7M for three new projects.

The projects that need funds include rehabilitation work at West Jasper Place (\$24 million), acquiring land to "lower and naturalize" Mill Creek (\$2.3 million) and do concept and design work for the drainage infrastructure budget cycle (\$1.3 million).

The city found "a number of emerging" issues at the West Jasper site, causing them to increase funding for that project.

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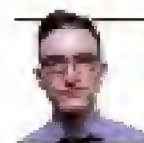
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# Small businesses shun social media

## MARKETING

### Survey shows 53% refrain from online promotion



**Kevin Maimann**  
Metro | Edmonton

Social media might seem like a given to some business owners, but more than half of small or medium enterprises in Alberta don't use it at all, according to a new survey.

The Alberta Treasury Branches Business Beat survey released this week shows 53 per cent refrain from using Twitter, Facebook and Instagram.

"It's surprising I think, with social media being pretty mainstream, that still more than half of businesses are not using it," said Teresa Clouston, executive vice-president of business and agriculture with ATB.

Perhaps less surprisingly, so-



**Social media use is higher among younger business owners.** TORSTAR NEWS SERVICE

cial media use is higher among younger business owners and less established businesses.

But their reasons for using it have changed since ATB's last survey on the topic in December 2013. The percentage of businesses that use it for "informing customers" has dropped by half, while the number using it to "engage in conversations" with customers has more than doubled. An emerging trend shows four per cent are now using it to recruit

## BY THE NUMBERS

Among Alberta businesses that do use social media, these are their platforms of choice:

- 85% use Facebook (more popular among women than men)
- 44% LinkedIn
- 40% Twitter
- 28% Instagram (most popular in the construction industry)
- 5% Snapchat

employees as well.

While social media is no doubt a useful tool for many Alberta businesses, some have also landed in trouble for controversial posts in recent years.

Among those who abstain from social media, 14 per cent said they see its value but don't feel they have the resources to use it. Meanwhile, nine per cent said they don't understand it and eight per cent said they straight up don't like it.

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# Farmers get emissions help

## AGRICULTURE

**Feds give \$3.8M to U of A for sustainable grazing research**



**Kevin Maimann**  
Metro | Edmonton

A University of Alberta research team will work with farmers across the Prairies to potentially make "enormous" greenhouse gas reductions.

A trio of U of A scientists got nearly \$3.8 million in federal funding Friday for separate projects in the Agricultural Greenhouse Gases Program, which will create technologies, practices and processes that farmers can adopt to cut emissions.

Mark Boyce, a professor in the biological sciences department, is specifically working to find new grazing systems that are most effective at sequestering and storing carbon.

He said results could have huge global implications.

"It's enormous in terms of the amount of carbon. We're talking three metric tonnes per hectare per year that we can sequester. And you just sum that up over the hundreds of thousands of hectares of grassland, we can offset major emissions," he said.

Agriculture is the fourth biggest source of greenhouse gas emissions in Canada, but the country has no climate change protocols for alternative grazing practices.

Boyce said intensive crop farming has resulted in "rapid" loss of carbon and substan-



**Mark Boyce, a professor in the biological sciences department, is specifically working to find new grazing systems.**

TORSTAR NEWS SERVICE/GETTY IMAGES

tial loss in plant and bird biodiversity.

The new funds will allow Boyce to measure changes on soil carbon, greenhouse gas emissions and biodiversity over several years on 60 ranches across Alberta, Saskatchewan and Manitoba, to determine best practices.

He will also work to develop initiatives that would allow farmers to apply for carbon

tax refunds from the province for following effective grazing protocols.

"If you can get sort of a double whammy and get benefits in terms of carbon, we should be able to subsidize that," Boyce said.

Prof. Scott Chang and assistant Prof. Guillermo Hernandez Ramirez in the U of A's department of renewable resources will also share in the funding.



CONTRIBUTED

**"If you can get sort of a double whammy and get benefits in terms of carbon, we should be able to subsidize that."**

Mark Boyce

## SAFETY

# Traffic program to focus on schools



**Jeremy Simes**  
Metro | Edmonton

Edmonton's plans to reduce traffic deaths and serious injuries to zero will continue to "gain momentum" this year, says the city's traffic safety boss.

"We're looking at two major safety campaigns," said Gerry Shimko, traffic safety executive director with the city. "One with focus on pedestrian safety and the other will be distracted driving — those tend to be the ones that have the greatest impact."

Shimko's comments come after the city released its annual report Friday over Vision Zero projects, which look to reduce traffic fatalities as Edmonton continues to see pedestrians get hit and killed by drivers behind the wheel.

The annual report showed there were 22 traffic deaths in 2016, down from 30 in 2015. Going forward, Shimko said plans will emphasize school safety.

He said the city is working with the province, police, school boards and planners to look at where schools are located, making sure they're put in the "best places."

"It's to make sure the schools are operating as safe as they can," he said, noting Edmonton plans to extend 30 km/h zones to junior highs.

There will also be an online photo radar map coming this June, which would display the locations of the cameras for drivers to see on a weekly basis.

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# More vitality, fewer pawn shops

COMMUNITY

## Main street leaders weigh in on regulating store clusters



**Jeremy Simes**  
Metro | Edmonton

All leaders in charge of improving Edmonton's main streets don't support the clustering of pawn stores, whether they cause crime or not.

"In a neighbourhood that's in revitalization, I don't see how pawn stores bring vitality to the area," said Marie-Laure Polydore, executive director of the Inglewood Business Improvement Area association.

Polydore's comments come after councillors tasked city planners with amending a by-law for possible approval to limit pawn stores from being close to one another, similar to how liquor stores are regulated. Staff will also come back to show whether or not the



Marie-Laure Polydore has been vocally opposed to pawn shops opening in the neighbourhood. She says they bring nothing to the table when it comes to revitalization. JEREMY SIMES/METRO

shops are causing crime or grief in neighbourhoods.

But Polydore isn't alone in her remarks. All 13 of Edmonton's Business Improvement Areas, which work to make main streets better, support the city regulating shop clustering.

Metro chatted with three of business improvement leaders

to get their take on the issue, discussing how the stores affect their streets.

### Inglewood

Marie-Laure Polydore has been one of the most vocal leaders against the stores.

In fact, she said the organization went to the development

appeal board in January to fight a pawn shop from opening in the neighbourhood.

"It would've been across the street from one that we already have," she said. "There are also payday loan stores that are walking distance. That's just too close."

Polydore said pawn stores

don't spur vitality, noting she would rather see coffee shops, restaurants and grocery stores open.

"We need places where people can meet and create bonds," she said. "I don't think pawn stores do that."

### Alberta Avenue

Joachim Holtz, the executive director of the Alberta Avenue Business Improvement Area, is also against the clustering of pawn stores.

"Part of it is optics," he said, noting pawn stores along Alberta Avenue aren't clustered.

He said he wants the association to be notified when a new shop is looking to open.

"It could prevent clustering, and we don't want that," he said. "But we also want to maintain a mix of businesses and keeping a balance. We don't have any major problems that I'm aware of."

### Stony Plain Road

Stony Plain Road has a clustering problem, but Diane Kerekuk notes the close-together pawn stores have been there for a long time.

## + PLANNING

### Other regulations under consideration

As part of preventing clustering, city planners will also work on draft bylaw changes that govern how pawn stores look in neighbourhoods (so they don't appear sketchy). They would also be required to notify businesses when they open up.

"You can't just say 'get out' to a business," she said. "But if you get a cluster of too many businesses not taking care of their storefronts, that's what causes problems."

She supports not having future pawn stores cluster if they look to open.

"It's a perception thing," she said. "We have many transients and people who are homeless on the street, and sometimes people combine that image with everything else and paint it with one brush."

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# Border towns help refugee claimants

## IMMIGRATION

### Americans and Canadians mobilize to aid asylum seekers

As the flow of asylum-seekers crossing into Canada continues, residents in towns along the Canada-U.S. border are quietly mobilizing to help the travellers who pass through in search of better lives.

Janet McFetridge, a resident of Champlain, N.Y., said she started seeing taxis passing by her house in November, around the time Donald Trump was elected president of the United States.

"It's just unusual because you don't usually see cabs out here, so it's very noticeable," she said.

Most of the taxis were heading to Roxham Road, a popular illegal crossing spot where people hop a small ditch into Canada in order to file asylum claims from



Janet McFetridge at an unmanned border between Plattsburgh, N.Y. and Canada. THE CANADIAN PRESS

within the country.

McFetridge said she and others in the area wanted to know how they could help.

"At first we were concerned about (winter) clothes, but then we're also concerned now about the larger picture of if they're sent back from Canada, are they going to be able to go somewhere?" she said in an interview.

"The greater Plattsburgh area is looking for some system where people will be able to house them and get them on their way safely."

What has emerged, she says, is a coalition of churches, citizens and social organizations.

The group, Plattsburgh Cares, is considering ways to offer food, shelter, transportation or legal ad-

vice to people who are heading to Canada or who are turned back.

People who cross the border illegally and file their refugee claims in Canada are generally allowed to remain pending their hearing dates.

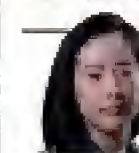
But McFetridge worries some could end up in the area while in transit, or if they're turned back at an official border checkpoint due to the Canada-U.S. Safe Third Country Agreement, which states refugees must file their claims in whichever of the two countries they reach first.

On the Canadian side of the border, a group of citizens in Hemmingford, Que., recently held an event to see how they could support border jumpers.

That event included writing letters to Canada's prime minister and immigration minister to ask them to suspend the Safe Third Country Agreement, so refugee claimants could present themselves at the border instead of crossing illegally, group members said. THE CANADIAN PRESS

## BRITISH COLUMBIA

### Malaria parasite could treat cancer



Wanyee Li  
Metro | Vancouver

A malaria parasite may hold the key to treat bladder cancer in patients who only have a 50 per cent chance of responding positively to traditional chemotherapy treatments.

UBC researchers found the treatment, a combination of a malaria protein with a marine sponge toxin, was 80 per cent effective on mice — the other 20 per cent of mice died within 70 days from bladder cancer, a disease that kills more than 2,000 Canadians every year.

It's the latest development in the cancer research trend that has researchers looking outside of chemotherapy for innovative treatment options.

"We can take a protein from one devastating disease and repurpose it to treat another devastating disease," said Mads Dugaard, UBC professor of urologic science.

His team found that a specific protein in the malaria parasite, VAR2CSA, was especially good at binding to the host's placenta. This results in 200,000 new-

born deaths a year but Dugaard thought he could take advantage of this characteristic because that same protein attaches itself to bladder cancer cells too.

"We thought we might be able to take advantage of that protein from the malaria parasite and simply repurpose it to bind tumour cells instead," he said.

His team has turned the protein into a cancer-fighting weapon by combining it with hemiasterlin toxin, one of the most poisonous molecules in the world, found in sea sponges.

The idea is the protein will carry the toxin to the bladder and kill the cancer.

"You could say we combined something from a sponge and a malaria parasite to develop a weapon against (chemotherapy)-resistant bladder cancer."

The technique appears to have worked on mice and now the goal is to scale up drug production so the team can conduct clinical trials.

Dugaard says this malaria-inspired treatment could be available for bladder cancer patients in as early as 2020.

## GOVERNMENT

### Terrorism concerns spur security upgrades at passport offices

The federal government has been quietly making changes to passport offices in a bid to improve security and address concerns that the facilities could be targets for a terrorist attack.

Civil servants in passport and other government offices have for years faced bomb threats,

and hostility from individuals who are disgruntled, drunk or suffering mental illnesses.

Internal government documents show that senior officials have more recently worried that someone with extremist views might see a passport office as prime target for an attack, par-

ticularly if the federal government revoked their passport privileges because they wanted to go abroad to join a terrorist group.

The briefing note to senior officials at Employment and Social Development Canada says the offices could now more easily become targets, or be collateral

damage.

"ESDC Passport offices may be considered targets of symbolic value in future attacks," reads part of the 2015 briefing note marked, "Canadian Eyes Only."

Those concerns were stoked after two separate domestic terrorist attacks in October 2014.

In the first case, Martin Couture-Rouleau hit two soldiers with his car at a strip mall just outside St-Jean-sur-Richelieu, Que., killing Warrant Officer Patrice Vincent, 53. Officials seized his passport that July after police prevented him from flying to Turkey.

Michael Zehaf-Bibeau killed Cpl. Nathan Cirillo at the National War Memorial in Ottawa before storming Parliament Hill. He had come to Ottawa from Vancouver after he ran into problems getting a Canadian passport so he could travel to Libya.

THE CANADIAN PRESS

## ONTARIO

### Prepping a poop power pilot project

The Ontario city best known for headquartering BlackBerry may soon be known for an entirely different commodity — dog poop.

Waterloo will soon be the home of a pilot program that will turn dog waste into energy, using a process called anaerobic digestion that happens when organic waste breaks down in an environment without oxygen.

The city's mayor, Dave Jaworsky, said this is one the first times this sort of program — which he jokingly calls "poop power" — will be implemented in a Canadian city.

Jaworsky said it's eco-friendly and should help curb the amount of litter produced by the city of about 100,000 people.

"It's actually a big issue, dog waste. If you look at our municipal litter bins ... it's 40 to 80 per cent dog waste," he said.

He said the process for harvesting dog waste and turning it into power is fairly simple — and it's not entirely new.

**It's really just bringing the rural technology to the urban environment.**  
Waterloo Mayor Dave Jaworsky

"In rural townships, this isn't an uncommon technique to deal with manure and that kind of thing," he says. "So, it's really just bringing the rural technology to the urban environment."

It works like this: a dog-owner walking their pet will scoop up its waste, just like they would normally. But instead of throwing the bag into a trash can, they

pop it into one of these special receptacles.

Jaworsky said they look something like a "rural post box" — but they're bright green, and the opening is dog-shaped.

The bags of dog poop are stored in an underground container for 10 to 14 days, Jaworsky said, and then vacuumed out and sent to a processing plant outside of the city, where it will be combined with other organic waste.

Through anaerobic digestion, it will create a biogas, which can then be burned for heat and energy. Any of the leftover waste is then used for fertilizer.

Jaworsky said the idea came from a local man who works in construction and owns a dog.

"He just thought, you know, 'There must be a better way to do things,' and came up with this idea," he said.

THE CANADIAN PRESS



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Advertorial

# Get ready to Dig-In!

## Free food and gardening workshops

Happening this weekend at Hole's Greenhouses, the Dig-In Festival is celebrating its 9th year with a new format and new events. The festival—which focuses on gardening and cooking—has also moved to earlier in the year.

"We're adding this spring event on April 29 and 30 to kick off the gardening season," explains Jim Hole, owner of Hole's Greenhouses. "We're still doing a fall event—as we have in years past—but this new spring event will have more of a casual 'talkshow' style feel to it."

"We're also opening our holiday plant market on that same weekend, so people can start doing all their spring gardening shopping with us that weekend."

On April 29th, Hole's Greenhouses will host TV



Jim Hole, Owner of Hole's Greenhouses, prepares for a busy weekend hosting St Albert's Dig-In Food & Gardening Festival.

**Celebrity Chef Corbin Tomaszewski** from HGTV's "Restaurant Makeover" and "Restaurant Takeover" and from the Food Network's "Dinner Party Wars" and "The Incredible Food Race".

Chef Corbin will lead a free "How to Cook with

Peppers" workshop on Saturday afternoon. He'll also prepare a special, interactive, multi-course brunch and dinner in the greenhouse's Glasshouse Bistro. Bites emphasizing local ingredients that anybody can grow themselves. Guests at the brunch and dinner will

have a chance to meet and greet Chef Corbin.

"We're thrilled to have Chef Corbin come to the greenhouse and cook with us. Many people don't know, but before he became a celebrity chef, Chef Corbin grew up just outside of

Edmonton, so this is a bit of a homecoming for him," Jim Hole notes.

On April 30th, Desiree Nielsen from Gusto TV's "The Urban Vegetarian" will also stop by Hole's Greenhouses. Desiree will be teaching a workshop on how to make a delicious, vegetarian-friendly pasta dish with "noodles". She will also be doing book signings of her latest book, "Un-Junk Your Diet."

Like Chef Corbin, Desiree will also prepare a special brunch in the greenhouse's Glasshouse Bistro—but this time emphasizing vegetarian and vegan dishes made with local ingredients. Brunch guests will have a chance to meet and greet Desiree.

"Desiree's an amazing speaker, and really gets the value of growing your own food. With more and more people going vegetarian—and with all of the edible plants we have for sale here—we thought she was

a natural fit for the Dig-In festival," Jim Hole adds. Throughout the weekend, there will be tons of afternoon gardening and cooking workshops offered for free at Hole's Greenhouses.

"We're expecting thousands of people to come out to these free workshops, and they'll get to learn about all kinds of things including: herbs, tomatoes, fruit trees, hops, kombucha, beer, sprouts and microgreens, mushrooms, and everything in between."

"We've also got some local food companies like Hardy Apples, Louisiana Grills, Alley Kat, Effervescent Tea, and Honest Dumplings all coming out for the festival, so it's just awesome to see all the amazing local food companies we have here in our community."

Tickets at DIGINSTALBERT.CA  
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## Grow hops for beer and kombucha

### Learn to grow your own hops at Dig-In

Have you ever wanted to make your own beer or kombucha? Or are you a hops snob who loves double IPAs?

One of the free featured workshops at the Dig-In festival will be a workshop led by local hops growers Catherine Smith and Karin Smith-Fargy. On both Saturday and Sunday, they'll talk about how to best grow the different types of hops and how each different type of hops can add different flavours and profiles to your beer, kombucha, or even to a cooking, sleepgime tea.

They'll then be joined on stage by the head brewer of the Edmonton-based Alley Kat Brewery, Tim MacLeod who will teach audiences



Hops can be grown locally and used to brew a variety of beers, kombucha and teas.

about the ins and outs of beer making.

Nan Thelissen and Steven Burtel of the Alberta-based kombucha company Effervescent Tea will also chat about the kombucha

making process.

Audience will even have a chance to try some samples of beer and kombucha for themselves, and can even buy some brewers quality hops plants after the workshop.

## CELEBRITY BRUNCHES & DINNER



CELEBRITY CHEF

### CORBIN TOMASZESKI

("Restaurant Makeover" -HGTV  
"Dinner Party Wars" -Food Network)

#### BRUNCH WITH CHEF CORBIN SATURDAY, APRIL 29

##### BERRIES & CREAM STUFFED FRENCH TOAST

##### BREAKFAST SALAD

and your choice of:

##### FARM HOUSE BUBBLE & SQUEAK

with mixed green salad & smoked fish or  
grilled breakfast sausages & side tomato

or

##### SMASHED AVOCADO TOAST & POACHED EGGS

with baby tomato, pepper & dill salad

#### DINNER WITH CHEF CORBIN SATURDAY, APRIL 29

##### STARTERS

your choice of:

##### SPRING PEA & ASPARAGUS SOUP

with black pepper & parmesan ice cream

##### BABY SPINACH, CAPSICUM & PROSCIUTTO SALAD

with black olive vinaigrette

##### CRISPY VEGETABLE FRITTERS

with coconut & cilantro chutney

##### MAINS

your choice of:

##### CORN NUT DUSTED POLENTA & BRAISED ALBERTA BEEF CHEEK

topped with traditional gratinola

##### BLACKENED TROUT & TOMATO BRUSCHETTA

with roasted cauliflower couscous

##### LEMON AND MUSHROOM RISOTTO

##### DESSERTS

your choice of:

##### MASON JAR GINGER CRÈME BRULÉ

with stewed rhubarb & edible flowers

##### HOMESTYLE CARROT CAKE

with candied orange frosting

##### PAVLOVAS

with lemon curd & berries



CELEBRITY GUEST & REGISTERED DIETICIAN

### DESIREE NIELSEN

("The Urban Vegetarian" -Gusto TV)

#### BRUNCH WITH DESIREE SUNDAY, APRIL 30

##### SASKATOON BERRY ALMOND SCONES

##### BLUSHING BEET SMOOTHIE BOWL

and your choice of:

##### MEDITERRANEAN SOCCA

with garlic aioli, roasted fennel, & red pepper

or

##### SOUTH OF THE BORDER TOFU SCRAMBLE



## CELEBRITY BRUNCHES & DINNER



CELEBRITY CHEF

### CORBIN TOMASZESKI

("Restaurant Makeover" -HGTV  
"Dinner Party Wars" -Food Network)

#### BRUNCH WITH CHEF CORBIN

SATURDAY, APRIL 29

##### BERRIES & CREAM STUFFED FRENCH TOAST

##### BREAKFAST SALAD

and your choice of:

##### FARM HOUSE BUBBLE & SQUEAK

with mixed green salad & smoked fish or  
grilled breakfast sausages & side tomato

or

##### SMASHED AVOCADO TOAST & POACHED EGGS

with baby tomato, pepper & dill salad

#### DINNER WITH CHEF CORBIN

SATURDAY, APRIL 29

##### STARTERS

your choice of:

##### SPRING PEA & ASPARAGUS SOUP

with black pepper & parmesan ice cream

##### BABY SPINACH, CAPSICUM & PROSCIUTTO SALAD

with black olive vinaigrette

##### CRISPY VEGETABLE FRITTERS

with coconut & cilantro chutney

##### MAINS

your choice of:

##### CORN NUT DUSTED POLENTA & BRAISED ALBERTA BEEF CHEEK

topped with traditional gremolata

##### BLACKENED TROUT & TOMATO BRUSCHETTA

with roasted cauliflower couscous

##### LEMON AND MUSHROOM RISOTTO

##### DESSERTS

your choice of:

##### MASON JAR GINGER CRÈME BRÛLÉ

with stewed rhubarb & edible flowers

##### HOMESTYLE CARROT CAKE

with candied orange frosting

##### PAVLOVAS

with lemon curd & berries



CELEBRITY GUEST & REGISTERED DIETICIAN

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("The Urban Vegetarian" -Gusto TV)

#### BRUNCH WITH DESIREE

SUNDAY, APRIL 30

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##### BLUSHING BEET SMOOTHIE BOWL

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##### MEDITERRANEAN SOCCA

with garlic aioli, roasted fennel, & red pepper

or

##### SOUTH OF THE BORDER TOFU SCRAMBLE





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## WEEKEND SCHEDULE

### SATURDAY, APRIL 29<sup>TH</sup>

10:00am-noon (multiple start times)	Brunch with Celebrity Chef Corbin Tomaszeski <i>Glasshouse Bistro</i>
2:00-2:30pm <b>FREE</b>	Cooking Workshop with Celebrity Guest Desiree Nielsen <i>Moonflower Room</i>
2:30-3:00pm <b>FREE</b>	Hops for Beer & Kombucha Workshop with Catherine Smith & Karin Smith Fargay <i>Moonflower Room</i>
3:00-3:30pm <b>FREE</b>	Cooking Workshop with Celebrity Chef Corbin Tomaszeski <i>Moonflower Room</i>
3:30-4:00pm <b>FREE</b>	Sprouts & Microgreens Workshop with Teri-Ann Coombes <i>Moonflower Room</i>
4:00-4:30pm <b>FREE</b>	Fruiting Trees, Shrubs & Perennials with Jim Hole <i>Moonflower Room</i>
4:30-5:30pm <b>FREE</b>	Spring-to-Harvest Container Gardening Workshop <i>Arcton Home Store</i>
5:30-7:30pm (multiple start times)	Dinner with Celebrity Chef Corbin Tomaszeski <i>Glasshouse Bistro</i>

### SUNDAY, APRIL 30<sup>TH</sup>

10:00am-noon (multiple start times)	Brunch with Celebrity Guest Desiree Nielsen <i>Glasshouse Bistro</i>
2:00-2:30pm <b>FREE</b>	Cooking Workshop with Celebrity Guest Desiree Nielsen <i>Moonflower Room</i>
2:30-3:00pm <b>FREE</b>	Hops for Beer & Kombucha Workshop with Catherine Smith & Karin Smith Fargay <i>Moonflower Room</i>
3:00-3:30pm <b>FREE</b>	Tomato Workshop with Jim Hole <i>Moonflower Room</i>
3:30-4:00pm <b>FREE</b>	Mushroom Workshop with Alex Villeneuve <i>Moonflower Room</i>
4:00-4:30pm <b>FREE</b>	Herbs Workshop with Jim Hole <i>Moonflower Room</i>

## TICKETS!



Reserve your spot in Dig-In workshops, and purchase your brunch and dinner tickets before it is too late!

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Alex Villeneuve  
Ray Ma  
Chris Lerchl  
Jim Hole  
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Bryan Saunders  
Owen Rudosky

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# France facing a stark choice

FRANCE

## United Europe at stake in the runoff between Macron, Le Pen

Centrist Emmanuel Macron and far-right populist Marine Le Pen advanced Sunday to a runoff in France's presidential election, remaking the country's political landscape and setting up a showdown over its participation in the European Union.

French politicians on the left and right immediately urged voters to block Le Pen's path to power in the May 7 runoff, saying her virulently nationalist anti-EU and anti-immigration politics would spell disaster for France.

The selection of Le Pen and Macron presented voters with the starkest possible choice between two diametrically opposed visions of the EU's future and France's place in it. It set up a battle between Macron's optimistic vision of a tolerant France — and a united Europe with open borders — against Le Pen's darker, inward-looking platform that called for closed borders, tougher security, less immigration and dropping the shared euro currency to return to the French franc.

With Le Pen wanting France to leave the EU and Macron wanting even closer co-operation between the bloc's 28 nations, Sunday's outcome meant the May 7 runoff will have undertones of a referendum on France's EU membership.

The absence in the runoff of candidates from either the main-



**French presidential candidate Emmanuel Macron** addresses his supporters in Paris on Sunday. **Inset: Marie Le Pen** casts her ballot Sunday. THE ASSOCIATED PRESS; INSET: AFP/GETTY IMAGES

stream left Socialists or the right-wing Republicans party — the two main groups that have governed post-war France — also marked a seismic shift in French politics. Macron, a 39-year-old investment banker, made the runoff on the back of a grassroots campaign without the support of a major political party.

With 50 per cent of the vote counted, the Interior Ministry

said Sunday night that Le Pen had 24 per cent of the vote, Macron had 22 per cent, Fillon had 20 per cent and far-right Jean-Luc Melenchon had 18 per cent.

Melenchon refused to cede defeat. In a defiant speech to supporters, he said he would continue to await the results from France's cities. The early vote count includes primarily rural constituencies that lean

to the right.

Le Pen, in a chest-thumping speech to cheering supporters Sunday night, declared that she embodies "the great alternative" for French voters. She portrayed her duel with Macron as a battle between "patriots" and "wild deregulation" — warning of job losses overseas, mass migration straining resources at home and "the free circulation

of terrorists."

"The time has come to free the French people," she said at her election day headquarters in the northern French town of Henin-Beaumont, adding that nothing short of "the survival of France" will be at stake in the presidential runoff.

Her supporters burst into a rendition of the French national anthem, chanted "We will win!"

and waved French flags and blue flags with "Marine President" inscribed on them.

In Paris, protesters angry at Le Pen's advance — some from anarchist and anti-fascist groups — scuffled with police. Officers fired tear gas to disperse the rowdy crowd.

Macron supporters at his election day headquarters in Paris went wild as polling agency projections showed the ex-finance minister making the runoff, cheering, singing "La Marseillaise" anthem, waving French tricolour and European flags and shouting "Macron, president!"

Mathilde Jullien, 23, said she is convinced Macron will beat Le Pen and become France's next president.

"He represents France's future, a future within Europe," she said. "He will win because he is able to unite people from the right and the left against the threat of the National Front and he proposes real solutions for France's economy."

Fillon said he would vote for Macron on May 7 because Le Pen's program "would bankrupt France" and throw the EU into chaos. He also cited the history of "violence and intolerance" of Le Pen's far-right National Front party, founded by her father, Jean-Marie Le Pen, who was trounced in the presidential runoff in 2002.

In a brief televised message after the last polling stations closed, Socialist Prime Minister Bernard Cazeneuve urged voters to back Macron to beat the National Front's "funereal project of regression for France and of division of the French."

THE ASSOCIATED PRESS

## 100 days of President Trump

For nearly 100 days, U.S. President Donald Trump has rattled Washington and been chastened by its institutions.

He's startled world leaders with his unpredictability and tough talk, but won their praise for a surprise strike on Syria.

He's endured the steady drip of investigations and a seemingly endless churn of public personnel drama.

"It's a different kind of a presidency," Trump said in hourlong an Oval Office interview as he approached Saturday's key presidential benchmark.

Trump, who campaigned on a promise of instant disruption, indirectly acknowledged that change doesn't come quickly to Washington. He showed signs that he feels the weight of the office, discussing the "heart" required to do the job. Although



**President Donald Trump** poses for a portrait in the Oval Office in Washington on Friday. ANDREW HARNIK/THE ASSOCIATED PRESS

he retained his signature bravado and a salesman's confidence in his upward trajectory, he displayed an awareness that many of his own lofty expectations for his first 100 days in office have not been met.

"It's an artificial barrier. It's not very meaningful," he said.

Trump waffled on whether

he should be held accountable for the 100-day plan he outlined with great fanfare in his campaign's closing days, suggesting his "Contract with the American Voter" wasn't really his idea to begin with.

"Somebody put out the concept of a 100-day plan," he said.

THE ASSOCIATED PRESS

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**150 WAYS of looking at Canada**

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# Canada braces for U.S. Round 5 in lumber war

**TRADE**

## Expect 'shock and awe' duties of 30% - 40%, analyst says

The opening shot in a fifth softwood-lumber war between the United States and Canada is expected this week, and policy-makers north of the border are preparing to calculate the potential damage of American duties.

The U.S. Commerce Depart-

ment is likely to announce Tuesday the first of two anticipated duties on Canadian softwood, which would be applied on Canadian imports as they were in disputes in the 1980s, 1990s, and early 2000s.

Canada's central bank cited in its latest policy review uncertainty in lumber as a reason behind increased prices, and a slowdown in shipments; its governor said Saturday the impact would become easier to gauge after the specifics of duties became known.

But parts of the country would feel the effects, Ste-

phen Poloz said.

"If there's going to be some sort of countervailing duty that raises the price of Canadian lumber — chances are that's going to cause lower exports. It would make U.S. lumber more competitive, relatively speaking," the Bank of Canada governor told reporters during international financial meetings in Washington.

"It is an important business for Canada. It's got a lot of employment in it. It's geographically diverse. So it matters."

Lumber isn't the only Can-

adian industry bracing for potential U.S. action. President Donald Trump has complained about that industry, plus dairy, and energy.

Next week, Trump will release his proposals for tax reform — it's not yet clear whether he will favour a kind of import tax.

As for the value of potential softwood duties, an analyst at RBC Capital Markets, Paul Quinn, said recently he anticipates a "shock and awe" move with duties in the range of 30 to 40 per cent.

THE CANADIAN PRESS

**ENTREPRENEUR**

## Teen sells \$1M socks

Seventeen-year-old Oregon resident Brennan Agranoff spends his days going to school, doing chores and running his custom-design sock business.

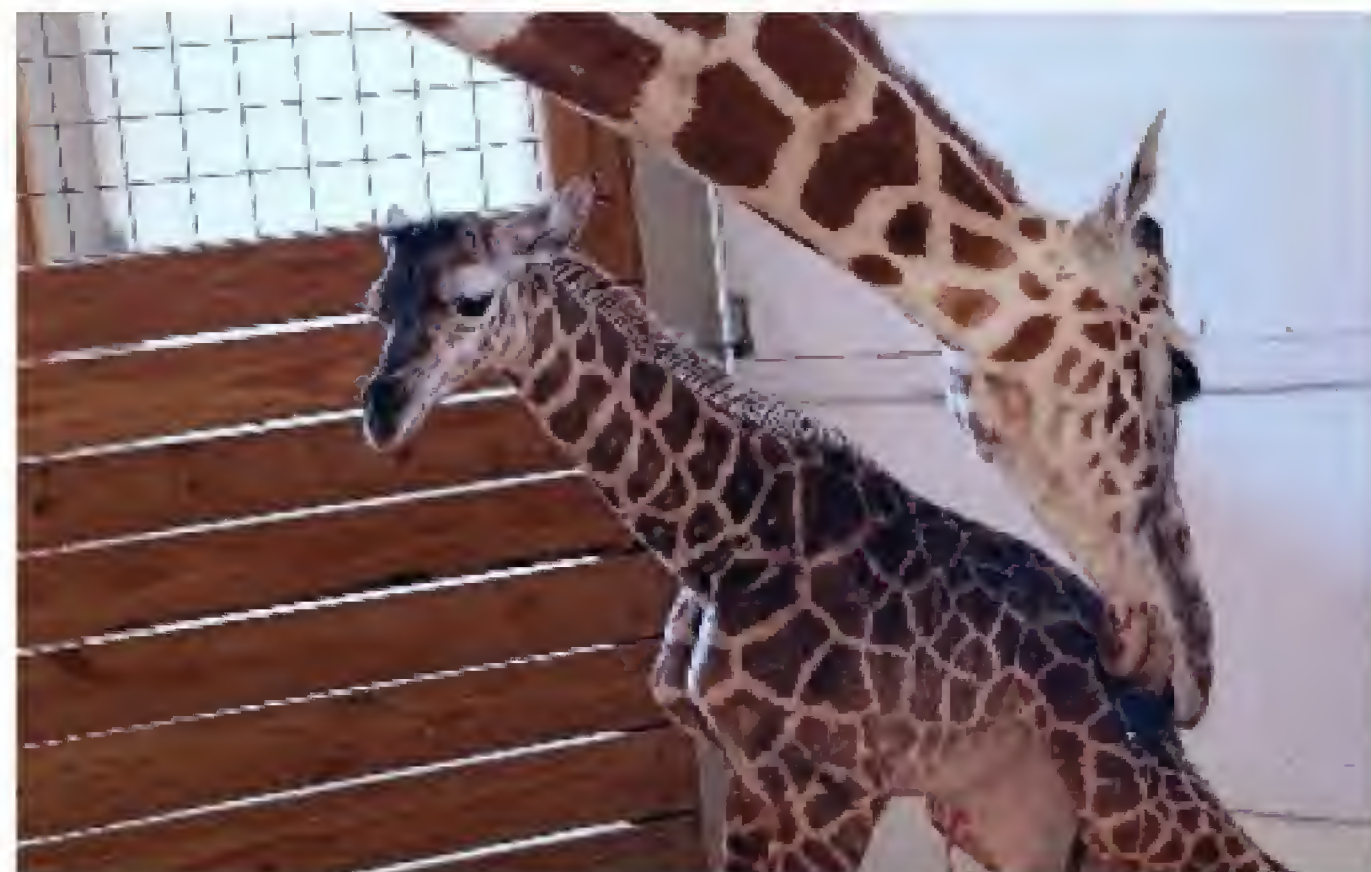
It's no simple hobby: Agranoff is the founder and CEO of HoopSwagg, and he has already sold \$1 million US in custom socks.

Agranoff gets about 100 new sock orders every day for the more than 500 designs that he comes up with himself.

Agranoff came up with the idea when he was just 13 years old, while at a high school basketball game. His dad, Brian Agranoff, invested in the business. THE ASSOCIATED PRESS



**Brendan Agranoff in his sock factory in Sherwood, Ore.**  
KATU-TV/THE ASSOCIATED PRESS



**April the giraffe calf's birth was broadcast to an online audience with more than a million viewers.** COURTESY ANIMAL ADVENTURE PARK/THE ASSOCIATED PRESS

**NEW YORK**

## Giraffe nets zoo bundle of cash

April the giraffe has brought a bundle to a tiny zoo in rural upstate New York, thanks to a YouTube video livestream of her pregnancy and birth of an incredibly cute calf that has riveted viewers around the world.

Owners of the for-profit Animal Adventure Park won't say exactly how much they've

pulled in from all April-related ventures, but Internet marketing experts conservatively estimate the haul in the hundreds of thousands of dollars.

The money will be used for zoo upkeep, wildlife conservation in Africa, and a favourite cause of the zoo's founders — local children with unexpected medical expenses, the park

owners say.

A Gofundme campaign has raised more than \$150,000 for the care of April, her mate Oliver and their male calf, as well as upgrades to their exhibit space. And the zoo expects 150,000 park visitors — twice as many as last year — to pay \$11-\$13 to see the giraffe family. THE ASSOCIATED PRESS

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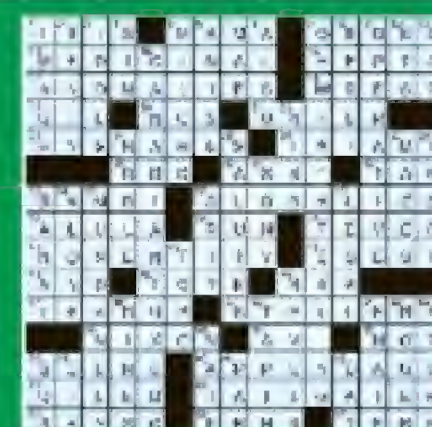
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6	4	9	1	7	3	2	5	8
1	5	3	2	6	8	7	4	9
2	3	5	7	8	4	9	6	1
4	9	7	6	3	1	5	8	2
8	1	6	5	9	2	3	7	4
5	8	2	9	1	7	4	3	6
9	6	1	3	4	5	8	2	7
3	7	4	8	2	6	1	9	5





## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION Is it bad manners to turn down panhandlers?

Dear Ellen,

Every time I got to the liquor store, there is someone out front begging for money. If I have a loonie or toonie in my pocket, I might give it to them. But usually I'm in a hurry, or I don't have cash, or I resent the fact that one regular beggar is better dressed than me. Either way I feel irritated when I give and guilty if I don't. Is there a rule of etiquette I can follow, so I don't have to think about this every time?

T.K., Toronto

Dear T.K.,

As with all proper etiquette, the rule is to treat fellow human beings with respect.

Though this particular topic may be more of an ethics question than an etiquette one, the two areas overlap, and I don't agree with most of the ethics "experts" pontificating online, so I'll weigh in.

It's not wrong, etiquette-wise, to refrain from giving money to beggars. It's your choice, you have your reasons, and it's no one else's business. I do think it's unethical to be a hypocrite about it.

I also wonder if we go to the same liquor store. Does your well-dressed guy wear newish-looking jeans and a leather jacket? I never give him money. There's also a guy who plays a little guitar and sings so badly, I'm tempted to pay him to be quiet. Then there's the older woman who's clearly down and out, and doesn't seem to be fully



Ani Castillo

compos mentis. Her I give to, because she seems the neediest, and the least likely to know how to take advantage of government and charitable services — which "experts" say is where you should donate money. Their reasoning is that if you give money to beggars, they'll probably just spend it on drugs or booze instead of buying something sensible that will help them get a job and a home.

That's pretty rich — coming out of the liquor store and denying an impoverished person the chance to also have a drink. It's also blatantly ridiculous — do these so-called

experts really think the few bucks a panhandler might collect each day is going to pay for rent, or job training, or clothes and grooming for an interview, or a cellphone so they can Google-map the nearest psychiatric hospital?

I don't usually agree with the guy who runs a multibillion-dollar organization that openly discriminates against women and harbours known criminals. But I agreed with Pope Francis when, as recently reported in The New York Times, he was asked about giving money to people who might spend it on wine, and

answered: If "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself, what do you do on the sly? What 'happiness' do you seek in secret?"

So the next time you're stocking up and someone asks for spare change, look them in the eye with a friendly shake of the head if you choose not to give. And give them a smile and a greeting if you do. Sometimes that brief interaction can be as valuable to them as the cash.

**Need advice?**  
Email Ellen:  
askellen@metronews.ca

## VICKY MOCHAMA

### Dispelling the myth of the party girl

Party. Girl. Two excellent words signifying excellent things.

But together the words twist into a stereotype that has filtered into our culture in ways that endanger women.

You would think the standard definition is a young woman who enjoys parties. But the cultural definition that I am taking from our bastion of social enlightenment, Urban Dictionary, is a lot more telling.

A party girl, according to Internet wordsmiths, is: "A girl who will party hard anywhere, even if the party is s— she will get down and get naked."

That is the first definition offered; the second is even more derogatory.

(The Urban Dictionary may be crowd-sourced, but it is miles ahead of the Big Three — the OED, Merriam-Webster and dictionary.com — which do not have as exhaustive an entry for "lit" as they should.)

In that definition, a party girl isn't simply a woman who likes parties. She is a woman who likes having sex. Pass the smelling salts. Not only that, she's willing to have sex with anyone.

Women risk being labelled "whores" simply by appearing to having fun. For racialized women, our very bodies are hyper-sexualized; our hips apparently gave consent.

Decades of activism by feminists, as well as a body of jurisprudence, have championed the notion that compromised consent is, in fact, not consent at all. Yet in 2017, a judge bought into the cultural idea that a woman has, by having fun, consented

to sex.

In the trial of the Halifax taxi driver who was found not guilty last month of sexually assaulting a passenger, defence lawyer Luke Craggs leaned on the stereotype, saying the complainant became a different "type of person" when drunk.

The theory found a welcoming home in the mind of the judge who delivered the verdict.

But in a draft paper for the Canadian Bar Review, Dalhousie law professor Elaine Craig calls bull.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party girls, will consent to sex with anyone," Craig writes, according to The Canadian Press.

If you saw me in Kingston, Ont., in October six years ago, I was probably several drinks in and having a great time in a truly tiny dress. Chances are you would have thought I was a party girl.

You might not have thought I was a student making friends and relaxing during a Model United Nations weekend.

All this to say: the party girl image has nothing to do with the woman. It validates those who do not respect consent. It is about limiting women's choices about their sexuality and then penalizing them for those choices.

It has everything to do with denying women their autonomy.

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## Exercise for pregnant women

### HEALTH

#### 'Misguided' notions are contributing to obesity: Study

When Ericka York found out she was expecting her first child, she knew she wanted to stay active but didn't feel safe sticking to her usual routine.

"I didn't feel like I had enough knowledge to keep doing the workouts I was doing," said the Toronto resident, who used to play soccer once a week and take about 10 fitness classes a month.

So she signed up for prenatal yoga and Belly Bootcamp, and has discovered that few women in her classes are pregnant for the first time. Some of the second-time moms-to-be have told her they were too scared to enrol during their first pregnancy, but in hindsight wish they hadn't felt that way.

In fact, a trio of doctors affiliated with Spanish and American universities say few pregnant women are getting enough exercise. In a jointly-written opinion piece published in the *Journal of the American Medical Association* last month, they wrote that "misguided" notions that pregnant women need to eat more while doing less exercise are contributing to world obesity.

Women who gain and keep excessive weight during pregnancy (Canadian guidelines identify healthy weight gains based on each woman's Body Mass Index before pregnancy) can pass it

### WAYS TO KEEP FIT

#### Walking

Getting off the subway a few stops early, taking a more gratuitous wander through the grocery store, or if driving, avoiding those mom and baby spots close to the building and parking far away.

#### Fitness Classes and Activities

Canadian guidelines say pregnant women should watch out for activities that might hold risk of losing balance or that are competitive (ice hockey, gymnastics, horseback riding, scuba diving, and cycling are singled out as being risky). Swimming, cross-country skiing, water aerobics or riding a stationary bike are considered safer.

#### Yoga and Pilates

The JAMA opinion article points out that even though yoga and Pilates are often recommended to pregnant women by doctors, clinical trials have yet to demonstrate that either is beneficial for moms-to-be.



When Ericka York (right) found out she was pregnant, she signed up for Belly Bootcamp. Last month a trio of doctors wrote in a medical journal that exercise is important for pregnancy health. Some point to Serena Williams (inset) as a positive example — she was nearly two months pregnant when she won the Australian Open in January. TORSTAR NEWS SERVICE/GETTY



day's limited available data to push evidence-based exercise guidelines forward, Davies said.

Considering the high levels of obesity in the population, he added, many women should probably be more active than they already are to prepare for a healthy pregnancy.

"I'm a firm believer that almost all types of exercise are safe in pregnancy. Just don't overdo it. I don't think the patient needs to be worried about having things being too much more prescriptive than that."

Jennifer Blake, CEO of the Society of Obstetricians and Gynecologists of Canada, said the nationwide message on exercising while pregnant has been consistent for years: it's good for you, do it. "But you also want to make sure you are not going to be in a situation where people are asking you to do things that may not be safe for you or for your pregnancy," she says.

It's important for both women and their fitness instructors to be well-informed. In Canada, a checklist is available online to help determine what type of exercise is safe for each expecting mother. TORSTAR NEWS SERVICE

along to their newborn babies. Those who remain active experience fewer aches and pains and are less likely to need a Caesarean or experience poor bladder control, the doctors write.

The same article suggests not knowing how much and what kind of exercise pregnant women should be doing is in part to blame for why so few

expecting mothers do not get as much exercise as they should.

And while Canadian guidelines encourage women to exercise while pregnant, this push comes with a list of precautions: watch your heart rate, don't get competitive, mind your balance and don't lose your breath.

"Most recently we've been making the argument that being

sedentary is actually much more risky to your pregnancy than being active," said Gregory Davies, chair of maternal-fetal medicine at Queen's University who helped write those guidelines.

Davies said many decades ago, when everyday life was substantially more physically demanding than it is now, the idea that women should take it easy dur-

ing pregnancies was probably more sound. "But fast forward to 2017 when people are living super sedentary lives, that advice is no longer valid. But it's still in our culture that pregnant women need to slow down."

Research on the topic has been slow. Early fears that working out while pregnant could hurt a growing fetus have led to to-

### PREGNANCY

## New studies ease anti-depressant worry

Genna Buck  
Metro Canada



For women suffering from mental illness, deciding whether to stop taking anti-depressants to get pregnant can be agonizing.

That choice could soon be a little easier: According to a new study of 35,906 births in Ontario, mothers who take antidepressants during pregnancy are no more likely to have children with autism

than others.

The researchers, based at Women's College Hospital in Toronto, initially found more cases of autism among children of mothers taking the medication.

But after adjusting for many complicating factors — such as differences in mothers' ages and families' access to health care — they found antidepressants don't play a significant role. The study only looked at drugs that act on serotonin, including common ones like sertraline (Zoloft), fluoxetine

(Prozac), and duloxetine (Cymbalta).

The authors suggest past research that found a slight association between antidepressants and autism did not properly account for other factors.

The paper also looked at women who took antidepressants during one pregnancy but not another.

Children exposed in utero did not have higher rates of autism than their siblings.

A different study, also published this week, had similarly reassuring results, finding

no link between antidepressant use during pregnancy and ADHD.

Few studies have been done on the long-term effects of antenatal antidepressants, so many women choose to go off medications before getting pregnant to be on the absolute safe side.

But without medication, there's risk of relapsing back into depression at the worst possible time — while dealing with the stresses of pregnancy, post-partum recovery and caring for a newborn.



Latest research suggests links between taking antenatal medication and post-natal issues have been overstated. ISTOCK





YOU CAN DO THIS HOTEL CLERK/GUEST SERVICE MANAGER

# Hotels a viable option

## WHY I LIKE MY JOB

**Alexis McCann, 28, Guest service manager at Westin Bayshore, Vancouver**

I applied to be a hotel service agent at the Westin Bayshore, with the idea that once I gained experience on the front desk, I would hopefully move into management. After six months, there was an opportunity for a guest service manager, and I've been doing that for a year.

As a guest service manager, we're in charge of guest service agents (who do the check in/check out), the command service operator (whom you call from your rooms), the door team, and a lobby team. I'm in charge of all those associates on shift and have to make sure they have the resources required to assist guests. A lot of the administrative side of things is making sure the day is set to run smoothly, like making sure reservations are blocked into the proper room types, or the VIP guests are being accommodated.

My job is not Monday-to-Friday. But I like the ongoing challenge of dealing with many different things at once. I enjoy the fast pace of the job. I get to deal with so many different experiences and people, there's always something new.



## HOW TO START

A secondary school diploma is required for most positions. Colleges hospitality degrees are not a prerequisite for the majority of entry-level opportunities. On-the-job training is common, but those looking to go to school for hospitality can expect to learn about the ins-and-outs of running a hotel, and get an overview of how the different departments operate. Most programs also offer placements and apprenticeships.

## WHERE YOU CAN GO

There are opportunities for hotel clerks in all major cities, not only in Canada, but around the world. In larger cities, such as Toronto, Vancouver and Montreal, hotels will employ staff year-round, but in smaller resort towns, such as Jasper or Banff, most take a more seasonal hiring approach.

## NEXT CAREER STEP

Desk clerks can often move into managerial roles, taking charge of day-to-day operations. Larger hotels also often offer opportunities in different departments, such as food and beverage management or sales.

## THE BASICS: Hotel clerk

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Median salary annually

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Data for this feature was provided by ontariocolleges.ca, pay-scale.com and onetonline.org.

## TECHNOLOGY

# Even tech threatens Icelandic language

Salome Sigurjonsdottir, 10, is testing a voice-controlled television in an electronics store in Reykjavik. Sales assistant Einar Dadi, however, says none of his TVs understood Icelandic.

The revered Icelandic language is considered a source of identity and pride for many. But it is being undermined by the widespread use of English, both for mass tourism and in the voice-controlled artificial intelligence devices coming into vogue.

Linguistics experts, studying the future of a language spoken by fewer than 400,000 people in an increasingly globalized world, wonder if this is the beginning of the end for the Icelandic tongue.

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# Starley's way to cheat fate

Q&amp;A

## Australian pop singer rises to top of charts with Call On Me

Starley was almost ready to acknowledge defeat when a last-ditch effort at writing a hit song delivered in spades.

Call On Me started as a way for the singer to dig herself out of an emotional rut, but over the past few months her debut solo track has climbed the global music charts with the help of a punchy remix.

The song was in Canada's Top 40 last month and went even higher overseas. In Sweden it topped the charts, while it leapt into the Top 10 in other key European countries.

"I believe God made me face my biggest fears and do this," the Sydney-raised singer, born Starley Hope, said in a recent interview. "Every day now I have to face my fears."

Starley's next conquest is the United States, where Call On Me is being positioned as an early summer dance hit. It's currently sitting at No. 65 on the Billboard Hot 100.

The singer talked to The Canadian Press about how a remix by Australian DJ Ryan Riback sent both of their careers skyward.

**Australia's electronic music scene has been picking up steam recently, helped by a Grammy win for Sydney-raised Flume earlier this year, and buzz surrounding others like DJ duo Peking Duk. What do you think is driving this energy from Down Under?**

The funny thing is that I haven't lived in Australia for very long. I was in London for six years, so I just came back when I signed the deal with my label.

Our dance scene is probably like how our rock scene used to be ages ago. It used to be all about rock in Australia — that was the only thing we ever produced that went international.

For years it was bands like Silverchair, the Vines, Jet and Wolfmother coming out



Almost ready to give up, Starley penned her hit Call On Me. FRANK GUNN/THE CANADIAN PRESS

**of Australia. You got into the Australian music industry about 15 years ago when you were still in your teens. Did you have trouble connecting with expectations at the time?**

People wanted me to change my looks, straighten my hair, be skinnier. I felt like I was never good enough for the people I was getting in front of. As much as I was talented ... it just felt like somebody always had a reason for why I couldn't do it.

It deterred me from being an artist. They used to say it was "too urban" for Australia. I wasn't sexy enough for what they were looking for — I was a 15- or 16-year-old girl, and I grew up in church so it wasn't natural for me to dress like that at that age.

**Was it that rejection that pushed you to London?**

I went there with the idea that I was going to be a songwriter, but I had a lot of near misses. It didn't work out as I planned and I actually wanted to quit music. I came home to Australia and at my lowest point wrote Call On Me. I felt like no one else was going to sing this (song) the way that I intended it to come across.

I actually tried it out on another singer ... and then I was like: "No, I have to sing it myself." I just went for it, got my little indie record deal, found the right producer and everything else happened from there.

**What's it like making that decision to keep your music?** You hear of songwriters saying, "Well the best thing to do is just let it go after you've written a song." That's totally what my mentality was. But when it came down to this

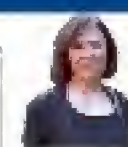
one song, me wanting to quit music, and then seeing someone else sing my story — it was so personal.

**Call On Me became a hit due to Riback's remix, which really amps up the energy. How do you feel about that?**

I'm very into dance music so it wasn't a big deal. I actually preferred, in the beginning, the ones that didn't sound like the original. Then I started to see that people were really responding to Ryan's version. It just happened very organically on Spotify. It just blew up.

Dance labels — especially the one I signed to — see the genres merging all into one. I think there are still a lot of people who want to make boundaries where there shouldn't be any. The dance world is a little more forward thinking.

THE CANADIAN PRESS



**JOHANNA SCHNELLER**  
**WHAT I'M WATCHING**

## She may be a brat, but she's human

**THE SHOW:** *Girlboss* S1, E1 (Netflix)

**THE MOMENT:** The sandwich

Sophia (Britt Robertson) — based on the real-life clothing entrepreneur, Nasty Gal founder Sophia Amoruso — is working in a shoe store. Or rather, not working. "Was that a personal call?" her boss Carol asks. "Are you surfing the web?"

"It was. I am," Sophia says defiantly.

"I don't know where to begin," Carol says.

"If you need to some time to put your thoughts in order, we could put a pin in this," Sophia says. She plops into her chair and bites a sandwich.

"Is that my sandwich?" Carol asks.

Sophia pretends she didn't know, then admits she did. "Now isn't this the part where we move on?" she asks.

"This is the problem with you, you don't know your place," Carol sputters.

"I'm not about to die of mal-

nutrition," Sophia snaps. "What do you care, you don't own the place. You're just middle management on some power trip."

"You're fired," Carol says.

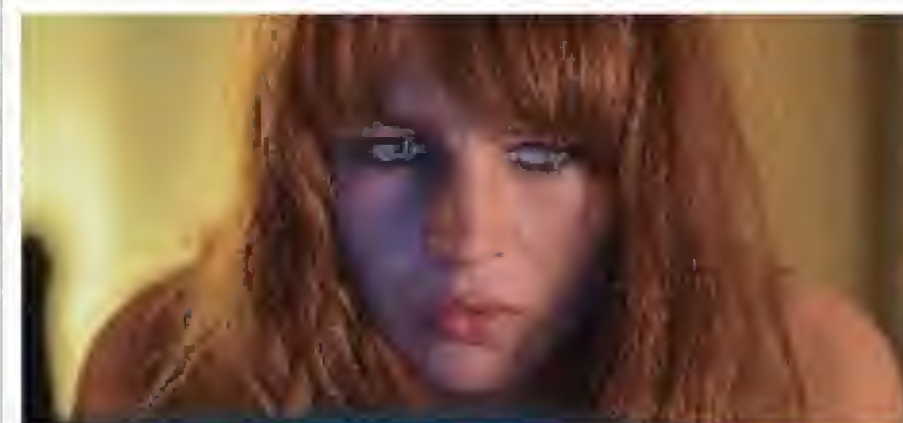
"What?" Sophia asks. "Why?"

This is *The Scene*. It comes at the midpoint of every first episode of every series about a flawed heroine. It's the moment where we see her at her brattiest. It's the scene you have to get past if you're going to stick with the show.

As surely as spring follows winter, it's followed by a scene that restores the heroine's humanity — in this case, Sophia calls her best friend, and we watch as she moves from self-righteous to self-aware. "Oh, Annie," she concludes, eyes filling with tears. "why am I such an a—hole?"

And bingo, you're either in or out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Netflix's new comedy series, *Girlboss*, appears to be following a familiar formula, centred on flawed main character Sophia (Britt Robertson). CONTRIBUTED



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OKC guard Russell Westbrook had a triple-double by halftime, but the Thunder still lost 113-109 to the Houston Rockets and trail 3-1 in the series

## NHL IN BRIEF

### Caps break Leafs in OT to set up matchup vs. Pens

A historic Toronto Maple Leafs season has come to an end.

Marcus Johansson stuffed his second goal of the game past Frederik Andersen 6:31 into overtime as the Washington Capitals edged the Leafs 2-1 in Game 6 on Sunday night, winning the series 4-2 with five of the six games decided in extra time.

Washington will face the Pittsburgh Penguins in the second round for the second straight spring.

THE CANADIAN PRESS

### Sens down Bruins in six

Clarke MacArthur scored the winner 6:30 into overtime as the Ottawa Senators beat the Boston Bruins 3-2 on Sunday afternoon to win their Eastern Conference quarter-final series in six games.

It was the fourth overtime game of the series.

Ottawa will face the New York Rangers in the conference semifinals. New York beat Montreal 3-1 on Saturday to win its quarter-final series in six games.

THE CANADIAN PRESS



The Senators celebrate their series win. GETTY IMAGES

# McDavid finding other ways to contribute

## OILERS

### Attention on captain lets unsung heroes make an impact

Winning the Connor McDavid lottery two years ago was the key moment in the turnaround for an Edmonton Oilers team that had spent most of a decade at the bottom of the standings.

But after McDavid put together an NHL-leading 100-point season to lead Edmonton back to the playoffs for the first time since 2006, the Oilers showed they have a lot more than just the league's next great superstar.

McDavid scored his only even-strength point of the series with an empty-netter in the final second of Edmonton's 3-1 series-clinching victory in Game 6 on Saturday night. He contributed plenty in other ways and got lots of help to send the Oilers into the second round against Anaheim.

"It's not about winning the scoring title in the playoffs," coach Todd McLellan said. "Connor was tremendous. His line was excellent. They played with tenacity and they wore the other team down so the other lines could go out and create some offence. I don't see it that way at all. I know there's a big story there and everybody loves to

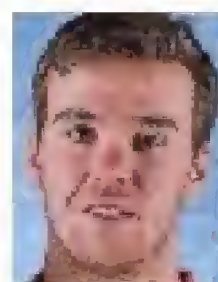


Anton Slepyshev, left, scored the game-winning goal for the Oilers in Game 6 of their series against the Sharks on Saturday night in San Jose. EZRA SHAW/GETTY IMAGES

write about the leading scorer is not scoring this or that. I just don't see it that way."

McDavid ended the series with one short-handed goal, two secondary assists on the power play and the empty-netter as his production was a far cry from his prolific regular-season numbers.

"I know the media makes a big deal about points and that stuff and goals and whatever. That's my job obviously. I'm the guy that's supposed to produce and do that," he said. "But there's different ways you can contribute in a hockey game, especially in a playoff game where there's



Connor McDavid  
GETTY IMAGES

shutdown defensive pair Marc-Edouard Vlasic and Justin Braun. While they were mostly effective at the job, the Oilers were content exploiting other matchups.

tight checking. You've got to play within the system as well. It's a good learning experience for me."

The Sharks spent almost the entire series shadowing McDavid with

That led to production from some lesser-known players. Zack Kassian delivered game-winning goals in Games 2 and 3, David Desharnais had the assist on the game-tying goal late in regulation in Game 5 and then scored the overtime-winner in that game and Anton Slepyshev scored the game-winner in the clincher.

The three players who scored the game-winners had just 13 goals during the entire regular season.

But the biggest difference for the Oilers this season from their decade-long drought was on the defensive end. Outside of a 7-0

loss in Game 4 that featured four power-play goals, Edmonton played a strong game in its own zone.

The young defence limited San Jose's chances as McLellan's system takes shape in his second year as coach.

"It's been a long road, but enjoyable," forward Jordan Eberle said.

"It's funny how you think about when you came to the league and this style of play we're playing now. We've really changed our game as far as defensively and tried to work on making the right plays. I think we did that for the most part in the series. Hopefully we continue that."

Next for the Oilers is another veteran, playoff-tested team in the Ducks. Anaheim swept Calgary in the first round and has posted a 15-0-3 record over its last 18 games.

Game 1 of the Oilers' second-round series goes Wednesday night in Anaheim at 8:30 p.m.

THE ASSOCIATED PRESS

## + INJURY NOTE

All-star defenceman Cam Fowler (knee) has returned to practice with the Anaheim Ducks and could be on target for a quick return to the Stanley Cup contenders' lineup.

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# More 1st-round 1sts for LeBron

## NBA PLAYOFFS

### James wins 21st opening-series game in a row as Cavs sweep

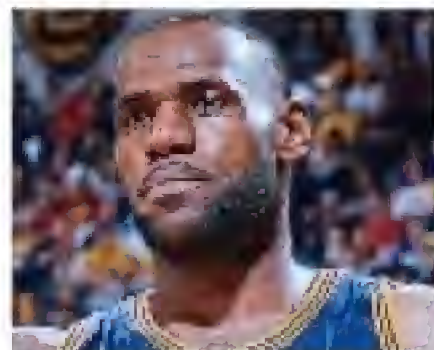
LeBron James stuck to the old script Sunday.

Again, he bailed out the Cleveland Cavaliers. And again, he sent the Indiana Pacers home.

On yet another milestone day for basketball's king, James' crowning achievement was making the go-ahead three-pointer with 1:08 to play and helping the defending champs hold on for a series-clinching 106-102 win at Indiana.

"You have to mentally challenge yourself every year and go out and try to do what's right — putting your body on the line, putting your team on the line and trying to be successful," James said. "It's very hard."

But the four-time MVP makes



LeBron James GETTY IMAGES

it look easy. He finished with 33 points, 10 rebounds, four assists, four steals and two blocks.

By winning his 21st consecutive first-round game, James broke a tie with Michael Cooper, Magic Johnson and James Worthy for the longest streak under the NBA's current playoff format. By sweeping a series for the 10th time, James broke a tie with Tim Duncan for the most in a career, according to Elias Sports Bureau. By going 13 of 25 from the field, he pulled into a tie with Kobe Bryant for the fourth highest post-season field goal total with 2,014. And

## GAME 4 In Indianapolis

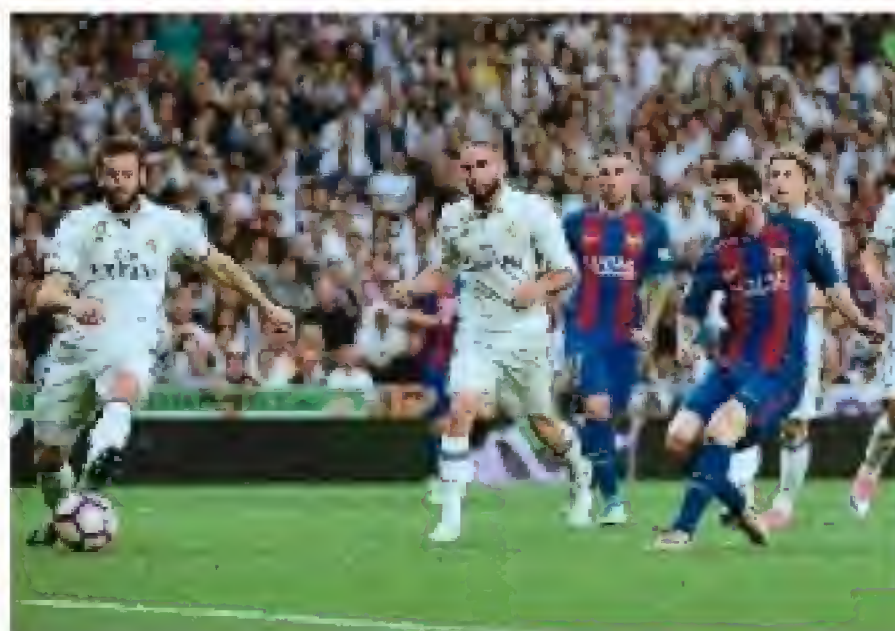


by holding on for the win, James improved to 52-0 in the playoffs when his team takes a double-digit lead into the fourth quarter.

James considered the milestones a footnote on a day the Cavs blew a 13-point lead and allowed the Pacers to come all the way back and take a 102-100 lead with 1:31 to go.

"They were giving it all they had," James said. "Obviously, a loss would have ended their season. We just had to weather the storm once again."

THE ASSOCIATED PRESS



**LA LIGA MESSI SCORES 500TH GOAL FOR BARÇA ON BIGGEST STAGE IN SPAIN**  
Lionel Messi scored his 500th career goal for Barcelona to give the Catalan club a dramatic 3-2 win over 10-man Real Madrid in the last minute of the "clasico" on Sunday, leaving the Spanish league title race wide open. Messi netted his milestone goal — his second of the night — with a low left-footed shot from inside the area after a cross by Jordi Alba two minutes into stoppage time. PIERRE-PHILIPPE MARCOU/AFP/GETTY IMAGES

## IN BRIEF

### Celtics get even with Bulls

Isaiah Thomas scored 33 points, and the Boston Celtics beat the Chicago Bulls 104-95 on Sunday to tie their first-round series at 2-2.

Boston blew a 20-point lead, but Thomas keyed a third-quarter run that put the Celtics back on top after Chicago briefly went ahead.

Gerald Green made four three-pointers on his way to 18 points, helping the top-seeded Celtics return the favour in Chicago after dropping the first two games at home.

THE ASSOCIATED PRESS

### Pacquiao intends to serve notice with Horn fight

Manny Pacquiao says his July 2 world title bout with Jeff Horn is his chance to tell the boxing world "I'm not done yet."

The 38-year-old Pacquiao had intended the fight in Brisbane with local school teacher Horn to be a stepping stone to a more lucrative bout with former welterweight world champion Amir Khan. But Pacquiao now says the bout gives him a chance to let the boxing world know he's still at the top. THE ASSOCIATED PRESS

### Texas Open goes to Chappell

Kevin Chappell made an eight-foot putt on the final hole to win the Valero Texas Open by one stroke on Sunday in San Antonio.

Chappell had a 4-under 68 in the final round to finish at 12 under for the tournament, edging Brooks Koepka to earn his first PGA Tour win in his 180th career start.

"A big relief," the 30-year-old said. "There's been quite the monkey on my back for some time now about getting that first win."

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PHOTO: NATALIA VISHNEVA

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This smoothie was on our rotation in the fall and I recently resurrected it. I swear you can't taste the kale. No, seriously.

**Ready in 3 minutes**  
Prep time 3 minutes  
Serves 2

**Ingredients**  
• 1 cup almond milk

- 1 tsp honey
- 1 cup organic frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

**Directions**

1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth

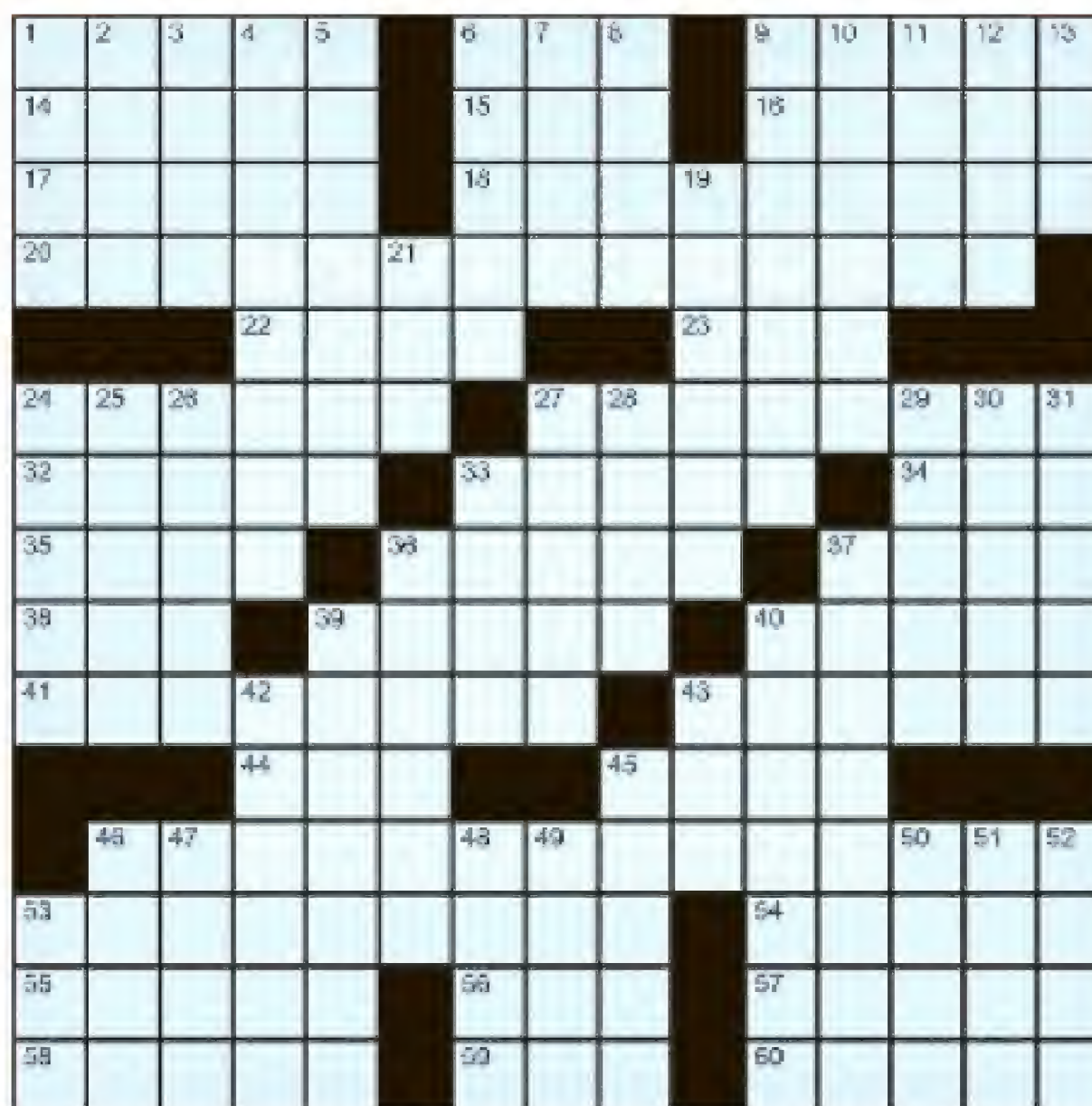
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- Leaky ink shapes
- Acquire
- Romantic fabric
- Make the embankment stronger
- "Go!!!"
- Cohesiveness
- Dodge
- (514) and (403): 2 wds.
- University in Waterloo named after a Prime Minister: 2 wds.
- Aggravate
- Michael, to Kirk
- Repel/dismay
- Donna Summer hit: 2 wds.
- Find fault
- Contradict
- Irish coronation stone, \_ Fail
- Paleontologist's find at the dig
- \_ to go (Eager)
- Soaks
- Strange
- Perfected
- Touch of colour
- Empresses in Russia, once
- Fairlands
- Holidayer's 'home'
- Pay attention to
- Canadians who co-discovered insulin in 1921: 3 wds.
- Wearable souvenirs from Disney: 2 wds.
- Thom of



Radiohead  
55. Tweak  
56. \_ flute  
57. Food fan  
58. Lips glistener  
59. Vessel's stern  
60. Ms. Barrymore's

**DOWN**

- Cauldron's content
- Actor, Zachary \_
- White House's \_ Office
- A headboard is part of one
- Super sanitary

6. Mark  
7. Tea type, \_ Grey  
8. "Take \_ ' Train" by Duke Ellington and His Famous Orchestra  
9. Packaged food sweetener  
10. Embrocate  
11. Detergent

brand  
12. Roman road  
13. Albany is its cap.  
19. Steve \_ aka 'The Six Million Dollar Man'  
21. \_-defined  
24. Monastery boss

- Trudges
- Bamboo eater
- "\_ hoping!" (Dreamer's exclamation)
- Reeking
- 'Fraud' finisher
- Abercrombie & \_
- Protests in the prison, perhaps
- 'Hulk' (2003) star Eric
- '60s songstress Ms. Spector
- Swine sort: 2 wds.
- Clue givers
- Like psychedelic-style T-shirts
- Washes
- British band, \_ Years After
- Blue Rodeo's " \_ Hit Me Yet"
- Beetle variety, \_ weevil
- Prefix to 'biography'
- Wine valley of California
- Tennis great Steffi
- Art Deco designer
- Distort
- Ms. Hatcher's, for short
- National Geographic, e.g.

## ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Today your primary concern is about practical matters, especially related to politics, religion and racial issues. It's also a good day to make future travel plans.

**Taurus** April 21 - May 21  
Research of any kind will go well today, because you are focused and will pay attention to detail. You won't overlook a thing!

**Gemini** May 22 - June 21  
A discussion with someone older or more experienced will be beneficial for you today. This person might even be a friend.

**Cancer** June 22 - July 23  
This is the day to ask for something from a parent or a boss, because he or she will respect what you say. You sound like you know what you're talking about, and you've done your homework.

**Leo** July 24 - Aug. 23  
Any kind of study will go well today because you have the patience necessary for focusing on learning.

**Virgo** Aug. 24 - Sept. 23  
This is an excellent day for important discussions pertaining to inheritances, wills, taxes and shared property, because nothing will be overlooked. Everyone will pay attention to the smallest detail.

**Libra** Sept. 24 - Oct. 23  
Discussions with partners and close friends will be serious today. People are not in a frivolous mood. However, their efforts will yield productive results.

**Scorpio** Oct. 24 - Nov. 22  
At work today, you will be hands-on and willing to do routine work, because you know it has to get done. Discussions with someone older will be helpful to you.

**Sagittarius** Nov. 23 - Dec. 21  
This is a good day for teaching young people something, because people are in a serious frame of mind. They're also willing to practice sports or the arts.

**Capricorn** Dec. 22 - Jan. 20  
It will be easy to tackle home repairs today, because people are eager to do this. This is the kind of day where you want practical results for your efforts.

**Aquarius** Jan. 21 - Feb. 19  
Because you're in a sensible frame of mind, you can accomplish a lot today. Discussions with neighbors, relatives and siblings will likewise be serious

**Pisces** Feb. 20 - March 20  
If out shopping today, you will only be interested in buying long-lasting, practical items. No feather boas for you!

### CONCEPTIS SUDOKU by Dave Green

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